ABSTRACT OF THE DISCLOSURE

A porous member is proposed which can be used as a gas diffusion electrode/separator of a proton exchange membrane fuel cell, is inexpensive and has superior long-term reliability, has low voltage loss when used as an electrode, and makes it possible to improve the power generating performance of the fuel cell and stabilize the power generating performance for a long time. A metallic porous body having a three-dimensional network structure and having an average pore diameter of 50 μ m - 1 mm and a porosity of not less than 80% is joined to a metal substrate such as metal foil by solid phase diffusion treatment to form an integral porous member.